

Expanded Food and Nutrition Education Program (EFNEP)

Description:

The Expanded Food and Nutrition Education Program is a free program offered by the University of Connecticut Cooperative Extension System that provides food and nutrition information to low-income individuals, families and children. The program is funded by the U.S. Department of Agriculture in cooperation with the University of Connecticut, College of Agriculture and Natural Resources. It is designed to improve the nutrition and health of individuals and families with limited resources. A small percentage can be elderly individuals. EFNEP works in many settings including schools, shelters and neighborhood centers.

Individuals are enrolled to participate in at least four to six nutrition education experiences either in group settings or in their homes. They learn how to choose nutritious foods as well as prepare, handle and store foods safely.

Eligibility Requirements, Service Areas and Program Year:

Eligibility Requirements:

- The target population includes those who are at or below 175 percent of the federal poverty guidelines (refer to [Appendix F](#)) and who are individuals or homemakers who have responsibility for planning and preparing the family's food.
- Emphasis is on households with younger children, including grandparents who care for their grandchildren.

Service Areas:

Hartford County:

Avon	Farmington	Rocky Hill
Berlin	Glastonbury	Simsbury
Bloomfield	Granby	South Windsor
Bristol	Hartford	Southington
Burlington	Hartland	Suffield
Canton	Manchester	West Hartford
East Granby	Marlborough	Wethersfield
East Hartford	New Britain	Windsor
East Windsor	Newington	Windsor Locks
Enfield	Plainville	

New Haven County:

Ansonia	Madison	Oxford
Beacon Falls	Meriden	Prospect
Bethany	Middlebury	Seymour
Branford	Milford	Southbury
Cheshire	Naugatuck	Wallingford
Derby	New Haven	Waterbury
East Haven	North Branford	West Haven
Guilford	North Haven	Wolcott
Hamden	Orange	Woodbridge

Windham County:

Ashford	Hampton	Scotland
Brooklyn	Killingly	Sterling
Canterbury	Plainfield	Thompson
Chaplin	Pomfret	Windham
Eastford	Putnam	Woodstock

Program Year:

October 1 – September 30

Contact Information:

State EFNEP Office
Department of Nutritional Services
University of Connecticut Main Campus
Telephone: 860-486-1783
Website: www.caq.uconn.edu/NUTSCI/NUTSCI/otrch/EFNEP.html

Hartford Area EFNEP
Hartford County
Extension Center
Telephone: 860-570-9061

Northeast EFNEP
Windham County
Extension Center
Telephone: 860-774-9600

New Haven Area EFNEP
New Haven County
Extension Center
Telephone: 203-407-3169

Related Information:

[University of Connecticut Senior Nutrition Awareness Project \(SNAP\), refer to page VII – 8](#)